

OCR Cambridge Technical Level 3 Sports and Physical Activity Foundation Diploma Bridging Work

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Textbook

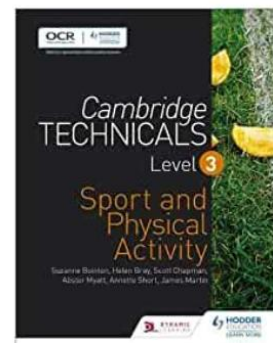
This is the textbook for the Cambridge Technical level 3 Sports and Physical activity specification – please order as soon as you can to ensure it is delivered before you start the course in September.

OCR Cambridge Technicals Level 3 Sport and Physical Activity

Suzanne Bointon, Helen Bray, Scott Chapman, Alister Myatt, Annette Short and James Martin

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Bridging Work (to be submitted in/before your first lesson in September)

Activity 1 – In preparation for Unit 1 Anatomy and Physiology

Create some revision materials for each of the 5 topics listed below – ideally one poster/pack of revision cards per topic.

1. The Skeletal system
2. The Muscular system
3. The Cardiovascular system
4. The Respiratory system
5. Aerobic and Anaerobic energy

You will need to bring these revision materials with you in September, as we will create a folder of revision resources for each topic.

Activity 2 – In preparation for Unit 2 – Sports Coaching and Activity Leadership

Using the attached Unit 2 powerpoint, complete the 7 research tasks on the key principles of leadership.

You need to collate this research and present it how you want to. This could be hand written notes, word document, presentations, posters, videos, etc.

If you have any issues with this work, please contact Miss Flitney or Miss Hill on the email addresses below

eflitney@themisbourne.co.uk or khill@themisbourne.co.uk